329 ACTIVITY DIRECTOR

In a nursing facility, if the staff member designated responsible for the activity program is not a qualified patient activity coordinator, a written agreement shall be established with a person so qualified. The MSW consultant may also serve as consultant to the activity director.

410 DAY ROOM AND DINING ROOM

A well lighted, clean, orderly, and ventilated room or rooms shall be provided for patient activities and for dining areas. A minimum of twenty (20) square feet per bed shall be provided for this purpose. At least half of the required area may be used for dining.

580 SOCIAL WORK SERVICES AND ACTIVITIES PROGRAMMING

581 POLICIES AND PROCEDURES

581.1 Separate policies must be written for social services and activity programs.

581.2 They shall be individualized for the individual long-term care facility.

581.3 They shall reflect the actual programs in operation at that facility.

581.4 They shall provide for the social and emotional needs of the residents and provide activities that encourage restoration and normal activity.

581.5 The policy manual shall include a statement of the range of social services provided. When all needed services are not provided directly, the manual shall state how needed services shall be arranged.

581.6 Procedures shall clearly outline the steps for identification of social and emotional needs and the mechanism for meeting these needs.

584 STAFFING AND CONSULTATION FOR SOCIAL SERVICES/ACTIVITIES

584.2 There shall be one (1) full-time social services designee/activities director for the first one-hundred five (105) patients and one (1) additional worker for every fifty (50) patients thereafter.

585 PROGRAM OPERATIONS

585.1 There shall be adequate staff to provide activity/recreational programs daily, including Saturdays and Sundays. There should be at least two (2) group activities scheduled daily.
585.2 Activities shall be varied in nature and shall be designed to meet the needs, interests, limitations of residents. This is to include all residents: bedfast, ambulatory, and disabled. These activities should provide for the mental, physical, social, and spiritual stimulation of the residents.

585.3 Residents and patients will be informed of events and given opportunities to participate. A calendar of events shall be posted in obvious places throughout the facility. The calendar should reflect the actual activity program.

585.4 The utilization of community volunteers is encouraged, but they must work under the direction of the facility's activity director.

585.5 The activity director shall be aware of the limitations, strengths, and weaknesses of residents.

585.6 Plans for activity involvement both on individual and group basis shall be developed for all residents.

585.7 Activity supplies as a minimum:

A. Television
B. Dominoes
C. Checkers
D. Outside furniture (50% of ambulatory patients)
E. Two daily newspapers (one local and one having state-wide circulation) for each thirty-five (35) patients and current copies of four (4) popular magazines.

901 GENERAL ADMINISTRATION [ALZHEIMER’S SPECIAL CARE UNITS]

a. General Program Requirements

1. Regardless of other policies or procedures developed by the facility, the ASCU will have specific policies and procedures regarding:

...E. Activity programming.

b. Disclosure Statement and Notice to the Office of Long Term Care

5. Prior to admission into the Alzheimer's Special Care Unit, the facility shall provide a copy of the disclosure statement and Residents' Rights policy to the applicant or the applicant's responsible party. The mission statement and treatment philosophy shall be documented in the disclosure statement. A copy of the disclosure statement signed by the resident or the resident’s responsible party shall be kept in the resident’s file. The disclosure statement shall include, but not be limited to, the following information about the facility’s ASCU:

...H. Planning and implementation of therapeutic activities and the methods used for monitoring; and,
...N. Types and frequency of therapeutic activities shall be listed in the facility’s disclosure statement.

905 STAFFING

b. Staff and Training

5. In addition to any training requirements for any certification or licensure of the employee, training shall consist of, at a minimum:

B. On-going, in-service training consisting of at least two (2) hours every quarter. The topics to be addressed in the in-service training shall include the following, and each topic shall be addressed at least once per year:

iv. Positive therapeutic interventions and activities, such as:

a. Exercise;

b. Sensory stimulation; and,

c. Activities of daily living.

906 PHYSICAL ENVIRONMENT, DESIGN AND SAFETY

a. Physical Design

In addition to the physical design standards required for the facility's license, an Alzheimer’s Special Care Unit shall include the following:

...2. A multipurpose room or rooms for dining, group and individual activities, and family visits which complies with the LTC licensure requirements for common space;

907 THERAPEUTIC ACTIVITIES

a. Intent and General Requirements

Therapeutic activities can improve a resident’s eating or sleeping patterns; lessen wandering, restlessness, or anxiety; improve socialization or cooperation; delay deterioration of skills; and improve behavior management. Therapeutic activities shall be designed to meet the resident’s current needs. The ASCU shall:

1. Provide activities appropriate to the needs of individual residents. The activities shall be provided and directed by direct care staff under the coordination of a program director.

2. Ensure that each resident’s daily routine is structured or scheduled so that activities are provided seven days a week.

3. Utilize or contract with a professional with specialized training in the care of Alzheimer’s to:

A. Develop required daily activities, as set forth in Section 907(b);

B. Train direct care staff in those programs; and,
C. Provide ongoing consultation.

b. Required Daily Activities

The following activities shall be offered daily:

1. Gross motor activities (e.g., exercise, dancing, gardening, cooking, etc.);

2. Self-care activities (e.g., dressing, personal hygiene, or grooming);

3. Social activities (e.g., games, music, socialization); and,

4. Sensory enhancement activities (e.g., reminiscing, scent and tactile stimulation).

SYNOPSIS OF RESIDENTS’ BILL OF RIGHTS ACTIVITIES AS A RESIDENT, YOU HAVE THE RIGHT TO:

♦ Participate in activities of social, religious, and community groups unless medically contraindicated in writing by your physician.

♦ Refuse to participate in activities.

♦ Be provided a schedule of daily activities that allow flexibility in what you will do and when you will do it.

♦ Individual preferences regarding such things as food, clothing, religious activities, friendships, activity programs and entertainment. Such preferences shall be elicited and respected by the nursing home staff.